

MARCH 1986

THE MONROE INSTITUTE BULLETIN

RT. 1, BOX 175, FABER, VA. 22938 • (804) 361-1252

AWAKE & ALERT RESULTS

In the fall of last year, many members of The Monroe Institute received a Hemi-Sync cassette tape titled "Awake & Alert" for test purposes. "Awake & Alert" is designed to rouse those who have become drowsy. The Hemi-Sync patterns on the tape are powerful; the Institute believed 30 seconds to 2 minutes of the tape would be sufficient to bring the listener to a wide-awake state.

The results of the test seem to confirm our expectations. Of the 774 people who used the tape and reported back to us, 190 (24% of the total) indicated "Awake & Alert" was effective 100% of the time; 352 (45%) said it was effective 75% of the time; 117 (15%) reported the tape was effective 30% of the time; 70 (9%) said it had no effect, and the remaining 45 people (7%) indicated uncertainty as to effect.

The Institute would like to thank those of you who took the time and effort to respond to our field test. To date, "Awake & Alert" is the only Hemi-Sync tape field tested in this manner, but others will be forthcoming.

CREATION, TIME, AND OTHER MUSICA

The Explorer tape excerpt for this quarter covers a range of subjects... beginning with creation. Explorer TVP communicates with a soul cluster that says it's time for earth scientists to begin seeing beyond a specialized field of study such as astronomy, psychology or anthropology, and realize the interrelation and unity of the entire universe. This "big picture" discussion encompasses the "Big Bang" theory, time, the collective unconscious and the Universal Mind (and the differences between the last two).

DAS TORWEG IN DEUTSCHLAND

DAS TORWEG is German for GATEWAY. The first GATEWAY WEEKEND in a foreign language is taking place March 28-30 in the Black Forest of Germany in the town of Herrenalb. The credit for translating and voicing the tapes in German, as well as organizing and training the event goes to Harald Wessbecher -- a West German who has worked in the field of healing for many years. Harald has been associated with the Institute for a number of years as well, and has served as a GATEWAY trainer here in Virginia and a GATEWAY WEEKEND trainer in Great Britain.

In addition to the March 28-30 WEEKEND, Harald has WEEKENDS scheduled for June 13-15, October 31 - November 2, and November 28-30. We urge our German friends to support Harald in whatever way you can. And anyone else who has a German friend or relative who might be interested in a GATEWAY WEEKEND, please have them get in touch with Harald. Harald's address and phone number: Harald Wessbecher/ Lauenburger Str. 41/ 75 Karlsruhe 1/ West Germany. Telephone 0-721-683543 or 0-721-684654.

OTHER INTERNATIONAL HAPPENINGS

Bob Monroe will be in London the first week of June to meet with the British publisher of FAR JOURNEYS -- Souvenir Press Limited.

A GATEWAY WEEKEND in England is scheduled for May 30 - June 1.
Contact Michael Keen at 0284-706414 for details.

Bob Monroe will be one of the keynote speakers at the Third International Dream Conference hosted by the Association for the Study of Dreams (ASD). This year's conference is being held in Ottawa, Canada, June 26-29, and will consist of addresses by noted dream authorities as well as paper presentations, symposia, and panel discussions. Bob Monroe's topic will be: "Out-of-Body Experiences and Lucid Dreams." For further information about ASD and/or the conference write to: ASD/ P.O. Box 590475/ San Francisco, CA 94159-0475.

BOOK BAG

This quarter, our Book Bag features a book from BEECH TREE BOOKS, by GATEWAY VOYAGE graduate Michael Hutchison.

MEGABRAIN by Michael Hutchison. MEGABRAIN is an extensive survey of the incredible changes that have been taking place in the understanding of the brain. Hutchison indicates that with the right type of stimulation or "enriched experience," the human brain can grow and change almost immediately. MEGABRAIN explores a number of devices that purport to deliver the type of brain stimulation that leads to such growth and expansion of mental capabilities. The "brain machines" examined include: the Alpha Stim, TENS (Transcutaneous Electro-Neural Stimulator), the Synchro Energizer, the flotation tank, and Hemi-Sync.

MEGABRAIN is available through Interstate Industries, Inc., P.O. Box 130, Nellysford, VA 22958 for \$ 17.95 plus \$ 2.00 postage.

RADIO WAVES

Bob Monroe will be the guest on "Unlimited Mind," a one hour radio talk show in Mesa, Arizona on station KFYI. For those of you in the KFYI listening area, the air date will be April 6 at 11 pm.

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GO

In January, 13 people were accredited as Trainers for our GATEWAY OUTREACH (GO) program. They'll be offering EXCURSION WORKSHOPS in their local communities and would like your support. Tell interested friends to give them a call. And you can call to see how you can help. Our newest GO Trainers are:

Gusteena Anderson 762 E. 8th St. Boston, MA 02127 (617) 268-6708	Clive J. Cherry 849 Debonair Dr. Endwell, NY 13760 (607) 754-5169	Edward O. Lasko P.O. Box 367 Latrobe, PA 15650 (412) 537-9480
Brigitta Deckebach 3630 Stettinius Ave. Cincinnati, OH 45208 (513) 871-8455	Rick Holland 2606 S. 8th St. Kansas City, KS 66103 (816) 931-5965	Suzanne E. Morris Rt. 1, Box 175-S Faber, VA 22938 (804) 361-2214
Brenda S. James 624 W. 43rd Terrace #5 Kansas City, MO 64111 (816) 931-5965	Franceen King 14716 Oak Vine Dr. Lutz, FL 33549 (813) 971-8808	John C. Reed, M.D. 3614 N. 24th St. Phoenix, AZ 85016 (602) 957-8736
George Schwimmer P.O. Box 3501 New York, NY 10185 (212) 724-2800	John T. Staples 800 Inca Parkway Boulder, CO 80303 (303) 499-5294	Robert E. Tollaksen 2951 W. Glenlord Rd. Stevensville, MI 49127 (616) 429-7600
	Ronnie Nolan P.O. Box 116 Blackwood Terrace, NJ 08096 (609) 228-2623	

We're happy to report the GO Trainers Seminar for April is full. We still have openings in the Seminars of May 25-30 and September 21-26. So those of you interested in becoming GATEWAY OUTREACH Trainers and sharing Monroe Institute technology and techniques with your community, write to Jean Wallis here at the Institute for details.

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AND ONCE AGAIN, THANKS TO CHRIS KALNICK FOR:
"THE ADVENTURES OF NON"

